

IN THE SPECIFICATION

Page 1, lines 1 to 20, replace the paragraphs with the following amended paragraphs.

BACKGROUND OF THE INVENTION

FIELD OF THE INVENTION

The invention relates to a training device for the muscles of the pelvic floor of women, comprising a flexible main body, which is to be introduced into the vagina and which has a compression part with a ball-shaped working surface, an indicator device being attached to the main body.

THE PRIOR ART

It is well known that for women sexual fulfillment in coitus is largely dependent on the state and control of the muscles of the pelvic floor. Various attempts have been made to train these muscles by means of devices which are introduced into the vagina. In this context diverse problems have arisen[[,]] which could not be solved satisfactorily with the known devices and apparatus. On the one hand such devices should permit and encourage the active and conscious moving of the muscles, while simultaneously providing the possibility for the woman to control or monitor the training situation. The particular aim of the training is to enable the woman to consciously and selectively tense and relax muscles, since studies have shown that without relevant training, about 50% of all women are not able to identify the muscles of this region from

verbal instruction alone. On the other hand, such devices should meet strict hygienic requirements even when used in the home, and still be affordable.

From WO 03/089071 A a training device is known[[,]] which has a pear-shaped main body. It has been found that this device cannot guarantee an optimum training effect for the local muscles.

Page 1, lines 23 to 29, replace the paragraph with the following amended paragraph.

#### SUMMARY OF THE INVENTION

The invention proposes that the compression part be defined by two annular constrictions[[,]] which connect axially on one side to a stop section with a stop surface and on the other side to a holding section, to which an indicator device is attached in turn. In this way the region of the compression part having the largest diameter, i.e., the equatorial line, is farther distant from the stop surface, and the muscles can obtain a firm grip in the first constriction. Furthermore, it is thus possible to configure the stop surface with a large flat area.

Page 2, lines 16 to 22, replace the paragraph with the following amended paragraph.

It is an essential feature of the device that the indicator device permits monitoring of the exercises and progress in the training activity in a simple way. If the muscles are correctly tensed, the main body undergoes a deformation causing a tilting movement of the indicator device, with an axial movement added in certain cases. By these movements the deformation of the main body can be registered in an optical and tactile way, and the actual muscle contraction may be inferred.

Page 3, lines 7 to 30, replace the paragraphs with the following amended paragraphs.

From the hygienic point of view it, is of particular advantage if the training device is designed as a throw-away product.

The invention will now be described in more detail with reference to the embodiment shown in the enclosed drawings, ~~in which~~.

Fig. 1 shows a training device according to the invention, with the rod inserted in the device; and

Fig. 2 shows the training device of ~~fig~~ Fig. 1 with the rod withdrawn.

#### DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT

The training device shown in the drawings consists of a main body 1 with a compression part 1a having a working surface 2 on its outside. In axial

direction the compression part 1a on one side is followed by a first constriction 3, ~~which~~which in turn continues to a stop section 4. On the opposite side of the stop section 4 the compression part 1a is followed by a second constriction 5 adjacent to a holding section 6.

The compression part 1a is essentially spherical and has a diameter D, which is adapted to the anatomy of the woman; the training device may thus be marketed in two or more sizes, e.g., one size for women who have already given birth and another size for women who have not done so. The total length L of the device is about 1.8 D, with the length  $L_1$  of the stop section being 0.5 D and the length  $L_2$  of the holding section being 0.4 D. In an opening 7 of the holding section 6 a withdrawable rod 8 (indicator device) is held in such a way that it can be axially shifted. The rod 8 has a first thickening 9 at one end, which is placed inside the training device and prevents the complete withdrawal of the rod. At the other end of the rod a second thickening 10 is provided, which will permit better gripping and holding of the rod 8 in a simple manner.